

# Shopping List For Athletes

## Carbs/starch

- ✓ Whole wheat or 12 grain bread
- ✓ Whole wheat pitas
- ✓ Whole wheat pasta
- ✓ Quinoa
- ✓ Brown or basmati rice
- ✓ Rice crackers

## Veggies

- ✓ Broccoli\*
- ✓ Tomatoes
- ✓ Spinach
- ✓ Avocado
- ✓ Any type of salad
- ✓ Cabbage
- ✓ Sweet onion
- ✓ Sweet potatoes\*
- ✓ Any other veggies you like



## Legumes (beans)

- ✓ Chickpeas
- ✓ Red or white kidney beans
- ✓ Green string beans

## Fruits

- ✓ Apple
- ✓ Banana
- ✓ Blueberries\*
- ✓ Cherries\*
- ✓ Lemon
- ✓ Lime
- ✓ Pomegranate
- ✓ Grapes\*

## Meat

- ✓ Chicken breast
- ✓ Low fat ground beef
- ✓ Turkey
- ✓ Lamb
- ✓ Wild pacific salmon
- ✓ Halibut
- ✓ Cod
- ✓ Herring
- ✓ Shrimp/scallops

- ✓ Tuna (no more than once every 2 weeks)

## Dairy

- ✓ Omega 3 eggs
- ✓ Regular Yogurt (can be fruit mixed, watch sugar content)
- ✓ Almond/soy milk
- ✓ Low fat cottage cheese
- ✓ Skim or 2% milk

## Oils and Vinegar

- ✓ Olive oil
- ✓ Coconut oil – cooking
- ✓ Flaxseed oil
- ✓ Sunflower oil
- ✓ Safflower oil
- ✓ Balsamic vinegar

## Snacks

- ✓ Almonds
- ✓ Walnuts
- ✓ High protein granola bars

## Fluids

- ✓ Coconut water
- ✓ Filtered spring water
- ✓ Green tea
- ✓ Pure fruit or vegetable juices

## Spices

- ✓ Curry
- ✓ Rosemary
- ✓ Basil
- ✓ Dill
- ✓ Garlic
- ✓ Ginger
- ✓ Any other spices you like

\* Buy organic if possible

Not all acceptable foods are included but this list gives you a good overall idea of health foods that are part of a athlete's nutrition plan